



2014-2018

OFFICIAL RULE BOOK

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*As of 2016 – This is a Non-Qualifying Event for NSGA National Senior Games.

Changes for 2016 in Red

GENERAL RULES AND REGULATIONS

1. A person must be 50 years of age or older to participate. A participant's age as of December 31st determines the age category in which they compete. Proof of age may be required at registration. Age divisions are based on 5-year increments (50-54), (55-59), (60-64), (65-69), (70-74), (75-79), (80-84), (85-89), (90-94), (95-99), and (100+)
2. Individual participants must participate in their own age group unless otherwise designated by the Events Manager. IN TOURNAMENT DOUBLES, THE AGE OF THE YOUNGEST PLAYER DETERMINES THE AGE GROUP. IN TEAM SPORTS, THE YOUNGEST PLAYER ON THE TEAM DETERMINES THE AGE DIVISION.
3. Senior Classic officials reserve the right to combine age groups if less than five (5) participants are registered in an age group in any event. Awards will be presented for official age groups. A participant must compete in an event to be eligible for an award.
4. There is a registration fee which entitles participants to enter the events of their choice. A facility usage fee may also be required in certain events.
5. All entries must be received by the deadline in order to draw pairings for competition.
6. All match schedules will be available at the event sites.
7. The S.C. Senior Sports Classic, Inc. is governed by the rules in this book plus the complete official sport rules of that sport's Governing Body. Interpretations shall be made by the Event Manager for each individual event.

8. All appeals of official interpretations shall be made to the Events Director. Appeals must be filed immediately and accompanied by a protest fee or the right to appeal will be forfeited. A protest committee will be appointed and will be the final authority on any appeal. The protest fee is refundable if the protest is determined to be valid.
 9. All event starting times will be strictly enforced.
 10. In every event, the safety of each participant is paramount concern.
 11. With the exception of timed events, the top three places must be determined in each event in each age group. Ties must be decided.
 12. Professional athletes shall not be eligible to compete in the S.C. Senior Sports Classic Games in the sport in which they are/were a professional until 20 years after the date they last competed as a professional. They may compete in other sports in which they have not competed professionally.
- A Professional is someone who competes in a sport for money as a primary source of personal revenue. People who compete in a sport in which minor amounts of money are given as prizes are not deemed professionals. Individuals whose primary activity is teaching a sport but occasionally play for a minor amount of money are also not deemed professionals.

The SCSSC shall have the final authority to determine who is deemed professional for the purpose of competing in SCSSC events.

13. The S.C. Senior Sport Classic reserves the right to change or alter the State and/or National rules for State Games play if the change is made in the best interest of the S.C. Senior Sports Classic.

Note: The S.C. Senior Sports Classic rules and regulations use the rules set in place by the National Senior Games Association except as modified herein. For a complete explanation of the NSGA rules, visit www.nsga.com.

14. The definition of an athlete's state of residence is that state in which the person resides for at least six months and one day out of the year.
15. Team Uniforms: Team clothing (shirts, pants, shorts) must be of like design and color. Jerseys that are numbered on the front and back are highly recommended. Refer to each sport for specific details. Uniforms shall be free of inappropriate symbols or wording.
16. In case of conflict between National Governing Board and NSGA rules, NSGA rules shall govern.
17. The SCSSC State Games is the sanctioned qualifying site for the NSGA National Senior Games. The top 4 in your class, or any athlete meeting the Minimal National Standards as posted on the NSGA website will qualify for Nationals.
18. All athletes must have Picture ID's if proof of age is requested at the venues.

ARCHERY

Entry Regulations

Archers may only compete in one event. Archers must provide their own bows and target arrows.

Format

1. The "900" American round will be used each day of competition.
2. There will be five shooting styles.
 - a) Recurve - with sights
 - b) Barebow Recurve - no sights
 - c) Compound Fingers - with sights
 - d) Barebow Compound - no sights
 - e) Compound Release - **unlimited**
4. Competition will consist of 90 arrows shot as follows: 30 arrows from 60 yards; 30 arrows from 50 yards; and 30 arrows from 40 yards. Arrows will normally be shot in six arrow ends, but may be shot in three arrow ends when field and equipment conditions require more than four archers to be grouped on a target butt.
5. Each end will consist of one set of six arrows with five minutes allowed for each end to be shot. When three arrow ends are necessary, each end will consist of one set of three arrows with 2-1/2 minutes allowed for each end to be shot. Shooters will rotate with target mates after each end.

Sports Rules

1. Recurve archery events will be conducted in accordance with National Archery Association rules, except as modified herein. Compound archery events will be conducted in accordance with National Field Archery Association rules, except as modified herein. For more information on these rules, contact:

National Archery Association, www.usaarchery.org

National Field Archery Association, www.nfausa.com

2. 'X' ring hits will be kept on the scorecard by all competitors and will be used as a tie-breaker. If still tied, the number of '10' ring hits will be used, then '9' ring hits, and so on until the tie is broken.
3. Should equipment failure occur, a 30-minute repair time will be allowed with no disruption of the shooting line. A maximum of two ends may be made up at the discretion of the Director of Shooting.
4. Regulation FITA 122-centimeter (48-inch) five-color target faces will be used. Scoring values are Gold (10-9), Red (8-7), Blue (6-5), Black (4-3), White (2-1), 10-ring scoring. At the discretion of the Director of Shooting, replacement centers may be used to repair a target face during competition.
5. Dividing lines are part of the higher scoring. The arrow shaft must only touch the color or dividing line between scoring zones to score the higher value.
6. Hits will not be marked on the target face. Witnessed bounce out and pass through arrows will be shot over at the end of the distance as make-up arrows. If the bounce out destroys an arrow in the target, then it is a "Robin Hood" and will score the value of the arrow it destroyed.

7. Two archers at each target will keep the double set of scorecards. Scores shall be compared after each end. If the scorecards do not agree after arrows have been removed from the target, then the lower score shall be the official score. The winner(s) shall be the archer(s) scoring the highest number of points in the double "900" round.
8. Archers will not be required to wear white or blue attire, however, they will be expected to wear clothing appropriate for a state event.
9. Barebow Recurve Equipment: Any recurve bow or longbow may be used. Bow sights are not allowed. Archers may string-walk and/or face-walk in sighting. No stabilizers, levels or draw checks are allowed. Arrows must all be the same length and weight.
10. Barebow Compound Equipment: Any compound bow may be used. Bow sights are not allowed. Archers may string-walk and/or face-walk in sighting. No levels are allowed. Archers may use a stabilizer and may use a draw check that is either on the bow limbs or under the arrow in the bow window. Arrows must all be the same length and weight.
11. Compound Bow Equipment: The maximum peak draw weight allowed shall be 80 pounds. Maximum arrow speed shall be 300 feet per second with a variance of 3%. Lighted sights may be used.

BADMINTON

Eligibility

Open to men and women in each age division (singles, doubles, and mixed doubles). The age of the younger partner will determine the age category of the team.

The Game

All badminton matches will be conducted in accordance with U.S. Badminton Association rules except as modified herein.

Equipment

U.S. Badminton Association approved equipment must be used by participants.

Scoring

1. A match is 2 out of 3 games with rally scoring to 11 points. Every time there is a serve – there is a point scored. The side winning a rally adds a point to its score.
2. At 11 all, the side which gains a 2 point lead first, wins that game. At 15 all, the side scoring the 16th point wins the game.
3. The side winning a game serves first in the next game.
4. At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court. When the server's score is odd, the server serves from the left service court.
5. If the server wins a rally, the server scores a point and then serves again from the alternate service court.

6. If the receiver wins a rally, the receiver scores a point and becomes the new server. They serve from the appropriate service court – left if their score is odd, and right if it is even.
7. In doubles, if the serving team wins a rally, the serving side scores a point and the same server serves again from the alternate service court. If the receiving team wins a rally, the receiving side scores a point and becomes the new serving side. The players do not change their respective service courts until they win a point when their side is serving.
8. The losers of the semi-finals matches will play for the bronze medal.

Officials

A referee will call each game.

For full rules refer to www.usabadminton.org.

BASKETBALL 3 On 3

Eligibility

There will be seven divisions each for men and women: 50+, 55+, 60+, 65+, 70+, 75+ and 80+. Athletes may participate in only one division. The age of the youngest player will determine the age of the team. Teams must be of all one gender. Athletes may compete with only one team per sport. Team rosters shall be limited to 10 persons, including non-playing coaches, non-playing captains and non-playing bench personnel. Tournament will be double elimination.

The Game

1. Is played on half court by two teams of three players each, including a maximum of seven substitutes.
2. Playing time shall be two halves of 15 minutes of a continuously running clock. In the last 2 minutes of each half, the clock will stop in accordance with normal basketball rules. If needed, an overtime period will be 3 minutes long.
3. There will be a 5-minute break at half time.
4. Two time outs permitted per team per half. Time outs will be one minute in duration.
5. Substitutions may be made after a basket, a foul shot or any stoppage of play.
6. The winner of the coin toss shall take first ball possession and the loser shall take ball possession to start the second half. Ball possession changes hands after each basket unless a foul is awarded. Deliberate stalling or attempts to freeze the ball shall result in loss of ball possession. A warning shall be given by official prior to enactment.

7. The games shall be played using the three point line as the “check line.” The ball shall be returned to a point behind the check line after each change of possession as follows:
 - (a) After a made basket and all dead ball situations, the ball shall be placed in play from the top of the key. The ball must be advanced into play by means of a pass to a teammate. The teammate receiving the pass may be in front of or behind the check line.
 - (b) After a turnover or defensive rebound, the ball may be returned to any point behind the check line. The player returning the ball behind the check line shall be in possession of the ball with both feet behind the line. The penalty for failure to be in possession of the ball with both feet behind the line shall be loss of possession. The player who returns the ball behind the line may maintain possession and attempt to score.
8. Defenders may not cross the check line to guard the player throwing in the ball until after that player has made the first pass.
9. A player is disqualified on his/her sixth foul. Technical fouls will be assessed in accordance with NCAA rules.
10. All common personal and technical fouls shall be counted against a team total. On the seventh team foul, a bonus shall be awarded for the remainder of the game. Team fouls carry over into the second half and overtime periods.

11. Prior to the seventh team foul:

- a) Any common foul shall result in loss of possession for the offending team;
- b) Any player control foul shall result in disallowing a converted basket, recording the foul and a change in possession;
- c) Any shooting foul with a missed basket shall result in two free throws (three for a three-point attempt), and the offended team shall retain possession;
- d) Any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team shall retain possession.

12. Beginning with the seventh team foul:

- a) Any common foul shall result in a single free throw plus a bonus free throw if a player makes the first free throw, and the offended team shall retain possession;
- b) Any player control foul shall result in disallowing a converted basket, recording the foul and a change in possession.
- c) Any shooting foul with a missed basket shall result in two free throws (three for a three-point attempt), and the offended team shall retain possession;
- d) Any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team will retain possession.

13. Beginning with the 10th team foul:

- a) Any common foul shall result in two free throws, and the offended team shall retain possession;
- b) Any player control foul shall result in disallowing a converted basket, recording the foul and a change in possession;
- c) Any shooting foul with a missed basket shall result in two free throws (three for a three-point attempt), and the offended team shall retain possession;
- d) Any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team shall retain possession.

14. Players must be beckoned onto the court by the referee. Entering the court without being beckoned will result in a warning from the official; all subsequent violations will result in a technical foul.

15. The defensive team can only substitute after a made basket or free throw (when it is the final free throw taken) if the offense is substituting at that time. Violating this rule will result in a warning from the official; all subsequent violations will result in a technical foul.

16. On the stoppage of play (i.e. violations such as traveling, double dribble, 3 long as they request to substitute prior to the in-

17. The officials shall penalize any player, substitute or coach for unsportsmanlike conduct by immediate ejection and banishment from the area.

18. The alternating possession rule is in effect where applicable.
19. Three point shots are allowed.
20. Officials do not put the ball in play except at the start of each half.
21. Team clothing must be of like design and color. Teams must have both “home” and “away” uniforms with permanently attached numbers on front and back.

BASKETBALL FREE THROW SHOOTING*

Eligibility

Open to men and women in each age division.

The Game

1. The players will shoot 15 shots from the free-throw line of the court.
2. Each shooter will get 3 practice shots and 15 official shots.
3. The referee will have the score card of the designated shooter and will mark it each time a shot is made or missed. The score will be totaled on the card to reflect the number of shots made out of the 15 official shots. The referee will announce the score after each attempt is made.
4. The shooter must be behind the designated line (no part of his/her feet can touch or cross the line until the ball leaves his/her hands).

Equipment and Court

1. The basket will be 10 feet in height.
2. The free- throw line will be 15 feet from basket.
 - 2A. 65 and over Women will be 10 feet from basket.
 - 2B. 75 and over Men will be 10 feet from basket.
3. Male participants shall use a regulation basketball and female participants shall use a women's basketball.
4. Players may not use their own equipment. They must use the equipment furnished by the SCSSC.

Scoring

1. The participant will receive one point for each shot that is made.

the score sheet. The person with the first miss will lose the tie-breaker.

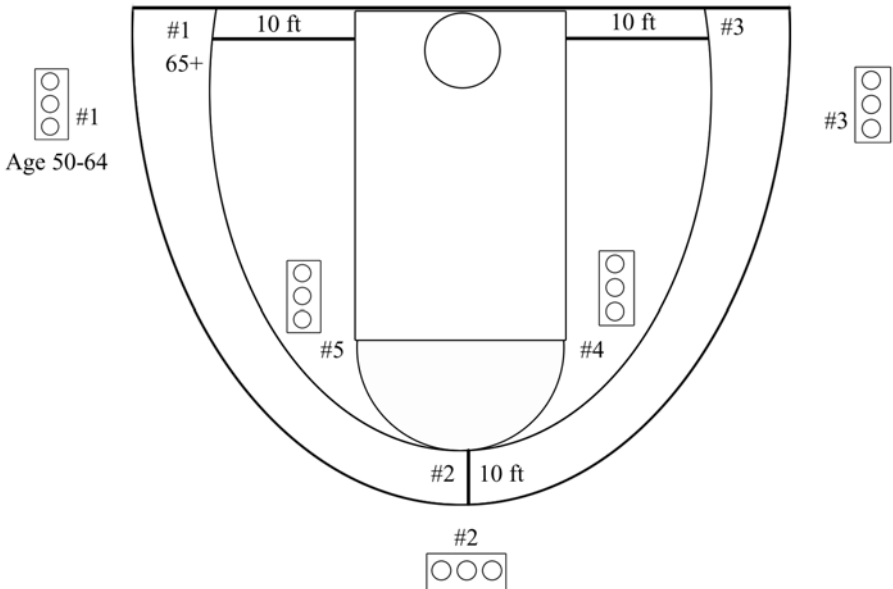
Officials

There will be a scorer at each basket.

BASKETBALL SPOT SHOOTING*

Athletes shoot three (3) balls from stations #1, #2 and #3 (3 points for each made basket) before moving to stations #4 and #5 (2 points for each made basket), or until time runs out. The time limit to attempt all shots is 60 seconds. Ages 50 - 64 will shoot from Regular Rules distance. Ages 65 and above will shoot from 10ft. from the basket.

1. Winners will be determined by numbers of baskets made.
2. Players may not use their own equipment. They must use the equipment furnished by the SCSSC.
3. Ties will be determined by a shoot off. Starting from station #1, players will shoot all 3 balls and the highest point scorer is declared the winner. If tie continues, players continue to move to the next station until a winner is determined.



POCKET BILLIARDS (EIGHT BALL)*

Eligibility

Competition will be open to men and women in each age division.

The Game

1. The game is played with a cue ball and fifteen object balls, numbered 1 through 15. One player must pocket balls of the group numbered 1 through 7 (solid colors) while the other player has 9 through 15 (stripes). In the essence of time, the Event Manager may call for the game to be played with 9 balls instead of 15. In such case, the game is played with a cue ball and 9 object balls, numbered 1 through 9. One player must pocket balls of the group numbered 1 through 4 (solid colors), while the other player has 9 through 12 (stripes). The player pocketing his or her group first, and then legally pocketing the 8 ball, wins the game.
2. The Rack - The balls are racked alternately, with the one ball in front and the other corners randomly.
3. Opening Break - The break of the first game of each match is determined by lagging to the rail. During individual competition, on each subsequent game, the loser of the previous game gets to break.
4. Open Table - The table is "open" when the choice of the groups (stripes or solids) has not yet been determined. When the table is open, it is legal to hit a solid first to make a stripe or vice versa. Note: The table is closed when one or more balls of the same group are made without a table scratch.
5. 8-Ball Pocketed on Break - In individual competition, pocketing the 8-Ball does not constitute win or loss. Any time the 8-Ball is pocketed on the break, the game is re-racked and the same player breaks again.

6. Legal Break Shot (Defined) - To execute a legal break, the shooter (with the cue ball behind the head string) must either (1) pocket a ball, or (2) drive two object balls to the rail. If he fails to make a legal break, it is not a foul however, and the opponent accepts the table in position. It is not necessary to hit the head ball (the ball that is on the foot spot) to be a legal break in 8-Ball. If balls are made from both groups, then table remains open until legal shooter makes another ball.
7. Scratch on a legal Break - If a player scratches on a legal break shot, (1) all balls are pocketed, (2) it is a foul and the foul penalty applies, and (3) the table is open.
PLEASE NOTE: Incoming player may not shoot an object ball that is behind the head string unless he shoots the cue ball to some point outside the head string and then hits the object ball behind the head string.
8. Legal Shot (Defined) - On all shots (except on the break and when table is open), the shooter must hit one of his group of balls first and (1) pocket an object ball, or (2) cause the cue ball or any object ball to contact a rail.
PLEASE NOTE: It is okay for the shooter to bank the cue ball off a rail before contacting his object ball; however, after contact with his object ball, an object ball must be pocketed, or the cue ball or any object ball must contact a rail.
9. Choice of Group - The choice of stripes or solids is determined on the break by which the ball is pocketed, unless both groups are pocketed, then the table is still open.
10. Scoring - A player is entitled to continue shooting until he fails to legally pocket a ball of his group. After a player has legally pocketed all of his group of balls, he shoots to pocket the 8-ball.

11. Fouls - The following infractions result in fouls:
 - i. Failure to execute a legal shot as defined above.
 - ii. A scratch shot (shooting the cue ball into a pocket or off the table). NOTE: A jump shot will be called a “table” scratch.
 - iii. A scratch shot on a legal break
 - iv. Shooting without at least one foot touching the floor.
 - v. Moving or touching any ball by means other than legal play is a foul.
 - vi. Shooting a jump shot over another ball by scooping the cue stick under the cue ball is illegal.
 - vii. A miscue will be called a foul and player will lose the shot.
12. Foul Penalty – cue ball in hand
13. Combination Shots - Combination shots are allowed; however, the 8-ball cannot be used as a first ball in the combination except when the table is open.
14. Illegally Pocketed Balls - An object ball is considered to be illegally pocketed when that object ball is pocketed on the same shot a foul is committed and the called ball did not go in. If not on the coin-operated tables, the shooter’s illegally pocketed balls are spotted on the foot spot and opponent’s balls remain pocketed. If playing on coin operated tables, all illegally pocketed balls remain off the table.
15. Object Balls Jumped Off Table - If any object ball is jumped off the table, it is a miss and loss of turn, not a foul. The Shooter’s object ball(s) is spotted and any of the opponent’s jumped balls will be pocketed.
16. Spotting balls - Whenever an object is to be spotted, the object ball is spotted on the long string as close to the foot spot as possible and shall be frozen to any interfering ball except the cue ball.

17. Playing the 8-Ball - When playing the 8-Ball, the shooting player should CLEARLY DESIGNATE by verbally calling or physically pointing to the intended pocket, even if it appears to be obvious. If the opposing player or the referee is still not aware of where the shooter intends to pocket the 8-Ball, then he or she must ask the shooter which is the intended pocket, BEFORE THE PLAYER SHOOTS THE 8-BALL. If the shooting player fails to call the 8-Ball pocket, it is the responsibility of the OPPOSING PLAYER OR REFEREE to ask which the intended pocket is BEFORE THE PLAYER SHOOTS THE 8-BALL.
18. Loss of Game - A player loses the game if he/she commits any of the following infractions.
 - a. Pockets the 8-Ball when committing a foul (scratch) on the opening break.
 - b. Pockets the 8-Ball when it is not his legal object ball.
 - c. Pockets the 8-Ball on the same stroke as the last of his group of balls.
 - d. Scratches when the 8-Ball is his legal object ball.
 - e. Jumps the 8-Ball off the table at any time.
 - f. Pockets the 8-Ball in a pocket other than the one designated.
19. Disqualifications - the State Games Event Manager has the right to disqualify any player from a game for unsportsmanlike conduct or tactics detrimental to the event, in which case the player forfeits all rights.
20. No Coaching - Spectators on the sidelines should not be allowed to advise or coach a player during competition. If after asking a spectator not to coach a player and he continues to do so, the referee should ask the spectator to leave the tournament area. If playing on coin-operated tables, all illegally pocketed balls remain off the tables.

Equipment

Play will take place on regulation tables, 9' by 4 1/4'. The cue may weigh a minimum of 15 oz. to a maximum weight of 22 oz. Balls will be Regulation Billiard Balls #1-#15 with cue ball, or Casino Balls with 7 yellow and 7 red, the 8-Ball, and the cue ball.

Scoring

In the Preliminaries, Semi-Finals, and Championship, the first player to win two games is the winner. The losers of the semifinals matches will play for the bronze medal.

Officials

A judge will be present for all games.

Rules

Billiards Congress of America rules will be used where not covered herein.

BOCCE*

Equipment

A set of bocce balls: consisting of eight large bocce balls (half of which are of a different color or pattern) and a smaller “object ball” (sometimes called a “pallina” or a “jack”)

Playing Surface

The playing surface should be reasonably flat and level and can consist of packed dirt, fine gravel or short grass. While some prefer to play on a manufactured court, a gravel driveway or backyard make acceptable playing surfaces.

Players

The game is played with two teams; each team can have one, two, or four players

Four Player Team - each player throws one ball

Two Player Team - each player throws two balls

One Player Team - player throws all four balls

Object

The object of the game of bocce is for one team to get as many of their balls closer to the pallina than the opposing team’s closest ball.

Play

The toss of a coin determines which team will start. The starting team chooses which color (or pattern) ball they will play with. The first team member throws the pallina and then rolls his/her first ball as close to the pallina as possible. It is now up to the opposing team to roll a ball closer to the pallina than the starting team.

If the opposing team uses all four balls and fails to get closer to pallina than the starting ball, the starting team rolls each of their remaining balls, trying to place them closer than the opponent’s closest ball.

However, if the opposing team succeeds in placing one of their balls closer to the pallina, the starting team must then roll again to attempt to get closer or “better the point”. Each team continues to roll until it beats the point of the opposite team.

While the object is to get close to the pallina, it is permissible for a player to roll his/her ball as to knock an opponent’s ball away from the pallina. Likewise, a player may knock or move the pallina toward his/her own team’s balls. The pallina is playable anywhere on the playing surface.

Scoring

When all balls have been played, this concludes the frame and ONE team is awarded one point for each of its balls which is closer to the pallina than the closest opposing team’s ball. Thus, a team may score up to four points per frame. If the closest ball of each team is equal in distance from the pallina, NO points are awarded. The team that scores in a frame starts the next frame by throwing out the pallina and playing their first ball. Play continues until a team wins by reaching a score of sixteen points.

For more information on rules, please visit
the United States Bocce Federation at www.usbf.us

BOWLING

Eligibilit

y

Singles, doubles, and mixed doubles tournaments open to men and women in each age division. Men and women will compete in separate divisions. Bowlers will be eligible for high scratch awards. Doubles partners must be same sex. Mixed doubles partners will be of the opposite sex. The age of the younger doubles partner will determine the age category of the team.

The Game

Three games will be bowled. First, second and third place awards for high scratch will be determined.

1. U.S.B.C rules will govern this tournament.
2. Bowlers will be assigned to lanes by Event manager with no more than 4 bowlers per lane.
3. In the event a bowler cannot finish his/her games, zero pins will be scored the remaining frames.

Equipment

ABC and WIBC approved equipment must be used by participants.

Officials

Scorers will keep score per pair of lanes.

For more information on rules, please visit the United States Bowling Congress at www.bowl.com

CYCLING

Eligibility

Open to men and women in each age division.

The Race

1. There will be three races. They will consist of a one mile race, a 5K and a 10k race.
2. Cyclists may enter any race or combination of races.
3. There will be a standing start for all events; holders may be used.
4. Contestants must ride in a safe and considerate manner, avoiding recklessness that poses a danger to others. Riders must stay to the right except when passing another rider.
5. Disqualification can result from flagrant safety violations.
6. In the event of a crash, officials will allow the race to continue with caution unless it is necessary to stop it to lend assistance or clear the course.
7. Any standard size and type of bicycle with front and rear brakes may be used. Fixed gear bicycles are not permitted. Recumbent bicycles which are approved by USCF rules are permitted.
8. Spare tires and parts may be used but any time lost during the race is to the disadvantage of the rider making such repairs.
9. All riders must wear a hard shell helmet (ANSI or Snell approved with sticker affixed) to minimize serious head injury in case of a fall.
10. Bicycles will be safety inspected for general tightness of components, function of two brakes, and condition and inflation of tires.

FORMAT OF RACES

A lightly traveled stretch of smooth road, as level as possible, will be used for this event. Riders line up at the start and depart on a signal from the starter at one-minute intervals. Officials will be stationed at the halfway point to assist riders in turning back for the return to the finish line. Elapsed time will determine the winning riders in each age group and sex.

An official stopwatch will be used with a backup watch operating in case of malfunction of the primary watch. Times will be recorded in minutes and seconds. No drafting (riding close behind) other riders or vehicles will be permitted. A rider overtaking another must go ahead and pass or drop back out of the draft.

Sport Rules

1. All cycling events will be conducted in accordance with U.S Cycling Federation (USCF) rules, except as modified herein.
2. There may be no protective shield, faring or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chain wheels, or accessories) that has the effect of reducing air resistance, except those approved by the USCF.
3. In time trial events, no rider shall take pace behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side. A rider who is observed taking pace shall receive a time penalty.
4. No restarts permitted.

For more information on rules,
please visit www.usacycling.org

DISC GOLF*

Eligibility

Open to men and women in each age division.

General Rules

1. The course will consist of eighteen holes.
2. The course will be a total of 1200 feet marked off at the discretion of the S.C. Senior Classic Committee.
3. Disc will be provided to all participants.
4. In order for a hole to be completed, the disc must come to a complete stop with all of the disc entirely inside the circle, which will be thirty inches (30") in diameter.
5. Disc golf goals may be used instead of 30 inch diameter circles.

Scoring

Scoring will be based on the number of throws per hole. The scores from each hole will then be added together for the final total. The lowest total score will win the match. Ties will be played off on the score card beginning with Hole #1. A maximum of 5 throws per hole shall be enforced.

Official

A referee will oversee the course. Each team will appoint someone to keep their score and turn it into the referee at the end of the round.

GOLF

Eligibility

Open to men and women in each age division

The Game

1. Golf will be played on a regulation 18 hole golf course with a USGA slope rating of 119 - 126 for men and 113 - 120 for women. Awards will be for low gross score.
2. Women participants and male participants 75 and over shall play from red tees. Male participants 65-74 shall play from the senior tees. Male participants 50-64 shall play from white tees.
3. A shotgun start may be used.
4. All rules of golf shall apply as specified by USGA and local course rules.

Equipment

1. Participants must use and provide their own USGA approved equipment
2. In order to expedite play, all players will use a golf cart.

Scoring

1. Golf tournaments shall consist of one round of 18 holes.
2. Ties shall be played off on the card beginning with Hole # 1.

Officials

Score cards will be validated by an official scorer at the end of the round of 18 holes.

For additional information refer to www.usga.org.

HORSESHOES

Eligibility

Open to men and women in each age division.

The Game

1. The pitching distance for men 50-69 shall be 40 feet for men 70+ shall be 30 feet. Pitching will be between the bottoms of the stakes where they emerge from the ground, with a foul line three feet in front of each stake. When men 70+ play on a 40 feet court, they shall pitch from a foul line 10 feet in front of each stake.
2. Pitching distance for women 50-74 shall be 30 feet and for women 75+ shall be 20 feet with a foul line three feet in front of each stake. When women play on a court constructed for men, foul lines shall be marked at the appropriate distance from men's stakes.
3. In pitching the shoe, the pitcher shall stand on the pitcher's platform on one side or the other of the stake.
4. In delivering a shoe, the pitcher must remain behind the foul line until the shoe has left his or her hand.
5. Choice of first pitch, or follow, shall be determined by the toss of a coin. In successive matches between the same players, the loser shall have the choice.
6. Broken shoes - When a shoe lands in fair territory and is broken in separate parts, it shall be removed, and the participant be allowed to pitch another shoe.
7. Foul Shoes - Any shoe pitched by a participant which lands outside the play area of the opposite pitching box is a "foul shoe." Foul shoes shall be removed from the opposite pitcher's box at the request of the opponent. A foul shoe shall not be scored or credited except in the score sheet column headed "Shoes Pitched."
8. Measurements - Measurements to determine points shall be made by the referee with a calibrated straight edge.

9. No participant, while opponent is in pitching position, shall make any remark, nor utter any sound within the hearing of opponent, nor make any movement that interferes with the opponent's play. Penalty: Both shoes of the offender shall be declared as a foul in the inning about which legitimate complaint is made.
10. No participant shall touch his own, or the opponent's shoe or shoes until a decision is rendered by the referee.
Referee shall declare "foul" shoes thrown by a contestant failing to comply with this rule, and award points to the opponent, according to the position of his or her shoes.
11. No participant shall walk to the opposite stake, or be informed of the position of shoes, prior to the completion of an inning.
12. A player, while not pitching, must remain on the opposite side of the stake of the player who is pitching, and on the rear one-fourth of the pitcher's platform.
13. Any player repeatedly violating rules, or guilty of unsportsmanlike conduct, may be barred from further competitions in the contest.
14. Any shoes pitched while the pitcher's foot extends on, or over, the foul line shall be declared "foul", and removed from counting distance.

Equipment

1. Official Shoe: A shoe shall not exceed $7 \frac{5}{8}$ inches in length, $7 \frac{1}{4}$ in width, and shall not weigh more than 2 pounds, 10 ounces. On a parallel line, $\frac{3}{4}$ inches from a straight edge touching the points of the open end of a shoe, the opening shall not exceed 3 and $\frac{1}{2}$ inches.
2. Players may use their own equipment (once weighed & certified by SCSSC officials) or, if not pre-certified, must use the equipment furnished by the S.C. Senior Sports Classic.

3. The Pitcher's box:
 - a. Each pitcher's box shall be six feet square with the stake in the exact center and consist of an area of clay, dirt, or sand into which the players throw the horseshoes. The pitcher's box is flanked by two pitching platforms or areas from which the players throw the horseshoes.
 - b. The clay, dirt, or sand area will be 3 feet wide and 6 feet long. This area will be located in the middle of the pitcher's box with the stake in its center.
 - c. The two pitching platforms or areas will occupy the remaining portions of the pitcher's box flanking the clay, dirt or sand area. They will be six feet long, extending three feet in front of the stake, and be 18 inches wide.
4. Stakes shall be one inch in diameter. The top of each stake shall extend 14 inches above the level of the pitcher's platform on each side of the stake, with a 3 inch line toward each other.

Scoring

1. The "count all" method will be used for this tournament. The tournament will be single elimination with the player winning the match advancing to the next bracket. A match consists of one game of ten innings.
2. Each player shall receive credit for all points according to the position of the shoes at the end of each inning, regardless of what his opponent throws.
3. Ringers count three points and shoes within six inches of the stake count one point each. Thus, it is possible for each player to score six points in any one inning.
4. Players shall alternate first pitch, one player having first pitch in the odd innings and the other player in the even innings.

5. Ties shall be broken by pitching an extra inning or as many extra innings as are necessary to break the tie.
6. Definition of Ringer - A ringer is declared when a shoe encircles the stake far enough to allow the touching of both heel caulks simultaneously with a straight edge, and permit a clearance of the stake.
7. Match time is forfeit time. Times will be posted on brackets at tournament site. Check with official for match times.
8. The losers of the two semifinal matches shall play a match for 3rd place.

Officials

A referee and scorer will officiate each game. Events will be conducted in accordance with National Horseshoe Pitcher Association Rules, except as modified herein. For additional information refer to www.horseshoepitching.com

Match Play

Two matches may be played on the same court by conducting one match from each end of the court with competitors remaining at the same end of the court throughout the game/match.

PICKLEBALL

Eligibility

Singles, doubles and mixed doubles events. Open to men and women in each age division.

Double elimination tournament.

The Game

1. Singles Play: The serve is from the right side when the score is even and from the left side when the server's score is odd.
2. In Doubles, both players on the serving team are allowed to serve, and a team shall score points only when serving. A game is played to eleven points.
3. The server must keep both feet behind the baseline during the serve with at least one foot on the court surface at the time the ball is struck. The serve is made underhand. The paddle must contact the ball below the waist.
4. The serve is made diagonally cross court and must clear the non-volley zone. The non-volley line is a short line for the serve (the serve is a fault if it hits the line). All other lines are good at all times. Only one serve attempt is allowed, except in the event of a let (the ball touches the net on the serve, and lands on the proper service court). Let serves are replayed.
5. At the start of each new game, only one player on the first serving team is permitted to serve and fault before giving up the ball to the opponents. Thereafter, both members of each team will serve and fault before the ball is turned over to the opposing team.
6. When the receiving team wins the serve, the player in the right hand court will always serve first. When the serving team wins a point, the server moves to the other side of the serving team's court.

Note that if the serve rotation is done properly, the serving team's score will always be even when the player that started the game on the right side is on the right side and odd when that player is on the left side.

7. The serve must be hit underhand and each team must play their first shot off the bounce. After the ball has bounced once on each side, then both teams can either volley the ball in the air or play it off the bounce. This is called the "double bounce rule" because the ball must hit twice (once on each side) before it can be volleyed. This eliminates the serve and volley advantage and prolongs the rallies.
8. To volley a ball means to hit it in the air without first letting it bounce. The non-volley zone is the 7-foot zone on both sides of the net. No volleying is permitted within the non-volley zone. This rule prevents players from executing smashes from a position within the zone.
9. When volleying the ball, the player may not step on or over the line. It is a fault if the player's momentum causes the player or anything the player is wearing or carrying to touch the non-volley zone. It is a fault even if the ball is declared dead before the player touches the zone. A player may be in the non-volley zone at any other time. The non-volley zone is sometimes referred to as the kitchen.
10. Rallies are lost by failing to return the ball inbounds to the opponent's court before the second bounce, stepping into the non-volley zone and volleying the ball, or by violating the double-bounce rule.
11. The hand is considered an extension of the paddle. The player loses the rally if the ball hits any other part of his body or clothing.

This is an abbreviated form of the rules to give a quick overview of how the game is played. See the official USA Pickleball Association rules at www.usapa.org/officialrules for more information.

Equipment

Participants will use their own USAPA approved equipment.

RACE WALK

Eligibility

Open to men and women in each age division.

General Rules for Race Walking

1. All race walking events will be conducted in accordance with USA Track & Field rules, except as modified herein.
2. Race Walking is a progression of rapid steps so taken that an athlete can get from the start of a race to the finish as quickly as possible.
3. These rapid steps must meet the rules for race walking which are as follows:
 - a. One foot must be on the ground at all times.
This means that the lead foot must be in contact with the ground before the back foot can leave the ground.
 - b. Each leg must be straightened at least momentarily when in the vertical upright position during each stride taken by the race walker.
4. If a race walker fails to abide by one of these rules, then he or she may be given a warning by one of the judges. A judge, may upon his or her discretion, at the second warning or as a result of gross violation, issue a disqualification to the walker. Upon receipt of three disqualifications from three separate judges, the walker must be asked to leave the competition by the Head Judge or be told of disqualification at the end of the race when such advisement is not possible.
5. The following infraction of the rules will lead to a warning and possible disqualification of any athlete during competition:
 - a. When a person loses contact with the ground (both feet off the ground at the same time), this is called lifting.

- b. If a race walker fails to straighten one or both legs momentarily through each stride, this is called creeping.
- 6. Athletes must not wear clothing that could impede the view of the judges.

Scoring

All competition will be judged by best time in each age group.

Officials

Start, timers, place judges and corner judges (where appropriate).

NOTE: The walk must be conducted on a track, or comparable area, where each participant can be seen by at least one judge at all times.

For additional information refer to www.usatf.org.

RACQUETBALL

Eligibility

Open to men and women in each age division. Singles, doubles and mixed doubles single elimination tournament.

The Game

Warm-up will be limited to a maximum of ten minutes.

Equipment

1. Participants must use USRA rules and approved equipment, as well as adhere to local club regulations, except as modified herein.
2. Lensed eye-wear designed for racquet sports is mandatory.

Scoring

1. All matches will be decided by the best two out of three games.
2. The first two games of each match will be to 15 points. If a third game is required to break a tie, it will be played to 11 points. The person to serve first will be the one who has earned the most points in the first two games.
3. If both players are required to play more than one match in one day, they will play best two out of three to 11 points for each game.
4. The losers of the semi final matches shall play a match to determine 3rd place.

Officials

A referee will call each game, when available.

For additional information refer to www.usra.org.

SHUFFLEBOARD

Eligibility

Singles and doubles tournaments are open to men and women in each age division. Men and women will compete in separate divisions.

Doubles partners may be either sex. The age of the younger doubles partner will determine the age category of the team.

Playing Rules

1. All shuffleboard matches will be conducted in accordance with official rules of the National Shuffleboard Association, Inc. except as modified herein.
2. Shuffleboard doubles teams may be mixed (man and woman).
3. Two matches will be played on one court at the same time. Opposing players will play from the same end of the court. Players will not change ends after any frame.
4. Singles matches will consist of twelve (12) frames. The winner will be whoever has the highest number of points after twelve (12) frames. Note: The number of frames in a match may be reduced at the discretion of the Events Manager.
5. The opposing players will remain at one end of the court during the entire match. There will be two opposing players who will remain at the other end of the court competing against each other.
6. Doubles matches will consist of twelve (12) frames of which six (6) will be played by each partner who will remain at their respective end of the court during the entire match. The team of pair with the highest point score at the end of twelve (12) total frames will be the winner.

7. In case of a tie, two extra frames will be played until tie is broken.
8. A single elimination tournament bracket will be used.
9. Losers in the semi-finals play off for 3rd place.

Equipment

1. S.C. Senior Sports Classic will furnish equipment.
2. Players may use their own cue as long as its overall length does not exceed 6'3" (6 feet and 3 inches).

For more information on rules, please visit the
USA National Shuffleboard Association at
www.national-shuffleboard-association.us

SOFTBALL

Eligibility

Open to teams of men and women in age divisions: 50+, 55+, 60+, 65+, 70+ and 75 and older. The age of the youngest player on the team will determine the team's division. Roster shall be limited to 22 persons, including non-playing coaches, non-playing captains and non-playing bench personnel. No more than 20 of these persons may be players. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.

The Game

A double elimination tournament will be held in both women's and men's division.

Rules

ASA Slow-Pitch softball rules and umpires will be used with the following exceptions: (See www.asasoftball.com.)

1. Team clothing must be of like design and color. Jerseys must have a number on the back.
2. Women will play with an 11" ball. Men will play with a 12" ball.
3. Base paths will be 70'.
4. Metal cleats are not permitted.
5. Free substitutions will be permitted at any time, except that no substitutes may enter the game more than 3 times.
6. The catcher will be required to wear a mask.
7. Commitment Line: A 20' commitment line shall be marked between third base and home plate. Once a runner's foot touches the ground, on or pass the commitment line, the runner may not return to third base, the runner must continue toward the scoring plate. Violations will result in an out.

8. Scoring Plate: A scoring plate shall be placed 8' from the back tip of home plate on an extended line from first base. A line shall be drawn from third base to the scoring plate. The scoring plate is for use by the offensive player only.
9. All players at the plate shall be forced plays. A defender shall record an out at the plate by having possession of the ball and tagging home plate prior to the runner touching the scoring plate. If a defender attempts to tag an offensive player at the scoring plate, the runner shall be called safe. A runner who attempts to score by touching other than the scoring plate shall be called out. Players who violate this rule are subject to ejection from the game.
10. Strike Zone Mat: A strike zone mat will not be used.
11. Double Bag/Mat: A double bag/mat of equal size shall be used at first base, the double portion of the bag or mat being in foul territory abutting first base. For the purposes of plays at first base, the entire bag shall be considered to be in fair territory.
12. Courtesy Runner: 50+, 55+, and 60+: One courtesy runner may be used each inning and may be a player on the roster. Each player on the roster may be a courtesy runner. A courtesy runner on base when it is his or her turn to bat will be declared out. Any courtesy runner found running more than once per game will be called out. 65+: Unlimited substitute runners may be used in any inning. There is no limit on the number of times any player may be a courtesy runner in any game. A courtesy runner on base when it is his or her time to bat will be called out.
13. Mercy Rule: A 15 run mercy rule will be in effect after 5 innings (4 1/2 innings if home team is ahead) ending the game. This rule shall not apply to championship games.

14. Sliding or Diving: Sliding or diving into first base or into home plate when scoring is not permitted and such players will be called out. A player may slide or dive into second or third base and when returning to any base. Runners shall be called out for contact with a defensive player if, in the umpire's judgment, the contact was deliberate or the runner could reasonably had been expected to minimize or avoid contact under the circumstances and failed to do so.
15. Runner hit by fair ball: A runner is not out when he/she is hit with a fair ball that has passed an infielder, excluding the pitcher, and, other infielder had a chance to make a play.
16. A 6' pitching box will be used.

SOFTBALL THROW*

Eligibility

Open to men and women in each age division.

Equipment

Women will throw an 11" softball. Men will throw a 12" softball. Must use SCSSC equipment.

The Game

1. The participant may use any type of throw.
2. The throw may be made from a standing position at the restraining line or after a short run to the restraining line (from within a 10' restraining area).
3. Each participant shall be allowed two warm-up throws and three (3) throws that are to be measured.
4. Throws will be made for distance and accuracy, throwing as far and as close to the center throwing line as possible.
5. The best of the three throws will be used in scoring.
6. Starting outside of the restraining area or overstepping the restraining line shall constitute a foul.
7. The scoring will be based on distance and accuracy. The distance away from the throwing line will be subtracted from the distance from the restraining line for the score.
8. A tie on the longest throw will be broken by comparing the second longest throw of the competitors. If it is still tied, then the third throw distance will be used.

SPIN CASTING*

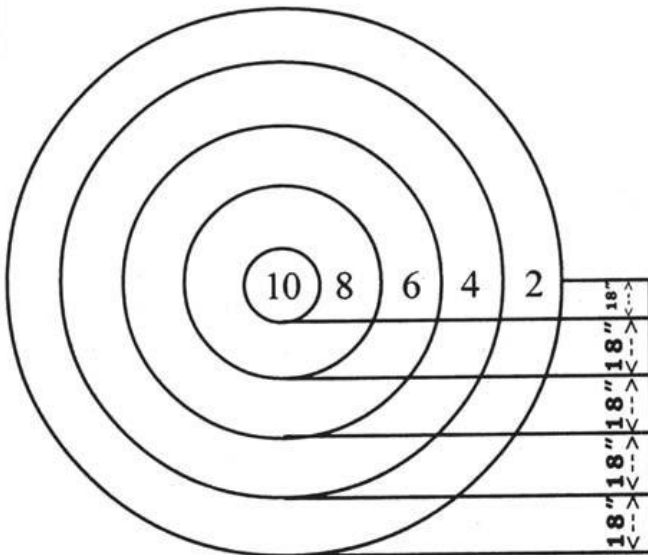
Eligibility

Competition will be based on separate men's and women's divisions in all age groups.

The Game

1. Casting accuracy is determined with six (6) throws from a forty foot (40') distance from line to center of circle, utilizing a 3/8 ounce practice casting plug.
2. Court layout and targets - See layout below. It is strongly recommended that a "practice range" with the exact dimensions be used in accordance with the "competition range," if possible. The "practice range" should be located beside the "competition range."
3. All casting participants will be given three (3) warm-up cast (optional) prior to their official cast if a practice range is utilized.

COMPETITION RANGE



Equipment

ROD: Unrestricted, see note below.

REEL: Open or closed face reels may be used. No reels will be allowed that have “cast control”.

LINE: Monofilament or nylon line shall be of the same diameter from the plug to the point where it is attached to the reel.

TRACE: No shock or bumper lines allowed.

PLUG: The plug shall be plastic or rubber practice casting plug weighing 3/8 of an ounce.

CASTING

TECHNIQUE: Single or double handed casts are legal.

NOTE: It is recommended that the caster use ordinary fishing tackle. The reel, rod and line must be coordinated for balance in order to cast the 3/8 ounce plug accurately at all targets. The casters must be able to control the plug with each cast taken. Participants may bring their own rods and reels to the games, but must use plugs provided by the officials.

Scoring

1. Points will be cumulative for six tries. A weight landing on a boundary line is credited with higher score. Score will be determined by where the weight hits.
2. The cumulative point total will determine the winners of 1st, 2nd, and 3rd place.
3. Ties will be played-off on the scorecard starting with the 1st cast.

Officials

A qualified scoring judge will be used to judge each target.

Standing Long Jump*

Eligibility

Competition will be based on separate men's and women's divisions in all age groups.

The Rules

1. Competitors shall start with both feet behind a designated take-off line and on the ground.
2. When starting, competitors' toes shall be behind the take-off line.
3. A competitor shall use both feet on the take-off. He/she may rock backward and forward lifting his/her heels and toes alternately, but he/she may not lift either foot completely off the ground.
4. Distance will be measured from the closest impression on the landing area made by any part of the body or limbs to the take-off line for all jumps.
5. When possible, it is strongly suggested that the standing long jump event be conducted in sand-filled jumping pits. The take-off line shall be placed at the end of the running long jump runway. If a mat is used, it should be long enough to include both take-off and landing areas, and the mat must be secured safely to the surface to prevent slipping.

SWIMMING

Eligibility

Open to men and women in each age division. Entry Regulation: Swimmers may enter a maximum of six (6) events.

Events

1. The following shall be available:
 - a. 50 yard Freestyle
 - b. 100 yard Freestyle
 - c. 200 yard Freestyle
 - d. 500 yard Freestyle
 - e. 50 yard Backstroke
 - f. 100 yard Backstroke
 - g. 200 yard Backstroke
 - h. 50 yard Breaststroke
 - i. 100 yard Breaststroke
 - j. 200 yard Breaststroke
 - k. 50 yard Butterfly
 - l. 100 yard Butterfly
 - m. 100 yard Individual Medley
 - n. 200 yard Individual Medley
2. Preliminaries and finals shall be conducted in 50 yard events when more than one heat in an age/sex division is competing. Events of 100 yards or more shall be decided on times, however, in one-day meets.
3. It is recommended that an individual enter either a 50 or 100 yard event, rather than both.
4. All races shall be started with a gun or whistle.
5. On all events, except backstroke, swimmers have their choice of an "in-water start" or "diving start."
6. All swimmers must start in-water on backstroke. Regardless of stroke, all in-water starts must keep one hand on the wall prior to the start.
7. Backstroke - The competitor must swim on his/her back throughout the race.
8. In both butterfly and breaststroke, swimmers will no longer be required to touch with both hands on the same level at turns or the finish. The hands still must touch simultaneously, and the shoulders still may not be dropped in long course before the touch, but the hand may now touch at different levels.

9. In breaststroke, the hands no longer must stay in the water on the recovery. They may be recovered over the water, as long as they move forward together from the breast.
10. In the breaststroke, the head no longer has to stay above the water level throughout the race. After the first underwater arm stroke and stroke cycle, the head actually has to break the surface of the water, rather than just coming above the calm water level. This may change the way the stroke is swum, with the swimmer permitted to “dive” under the water during each cycle, as long as there is not a dolphin kick used to facilitate the diving action.
11. Individual medley competition shall consist of four strokes - butterfly, backstroke, breaststroke, and freestyle. Above rules for individual strokes will prevail. The medley shall be run in the order listed above.
12. Touches at turns and at finish for breaststroke and butterfly must be two hands simultaneously.
13. Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from the event.

Scoring

All competition will be judged by best time in each age group.

Officials

An official starter, timers, turn judges, and stroke judges will conduct each event. This meet will be conducted in accordance with United States Masters swimming rules, except as modified herein.

For additional information refer to www.usms.org.

TABLE TENNIS

Eligibility

Open to men and women in each age division (singles, doubles, and mixed doubles). In Doubles, the age of the younger player determines the age group.

The Game

1. All table tennis matches will be conducted in accordance with United States Table Tennis Association rules, except as modified herein.
2. A match shall consist of the best of three games except that all finals shall be the best of five. Games of 11 points will be used. 40 mm optic orange balls will be furnished. Players may provide their own USATT approved paddles.
3. Singles: Eleven (11) point scoring system; (a) First serve shall be determined by coin flip; (b) Winner of the first serve, serves 2 points; opponent then serves twice through 10 points; (c) After 10 points, opponents alternate serves; (d) Winner must win by 2 points. In a third or fifth game, players change ends of the table after the first player scores 5 points. Doubles: Same as singles. Serve changes to partners after 2 serves then switch. In the third or fifth game; (a) They switch ends plus whoever was serving continues to serve to opponents; (b) switch partners and change the serve order.
4. Play shall be continuous throughout.
5. Single elimination.

Equipment

U.S. Table Tennis Association approved equipment must be used by participants.

Scoring

A game shall be won by the first player or team to reach game score if ahead by two points. Play continues until one player goes ahead by two. Losers in semifinal matches shall play for 3rd place.

Officials

An official scorer will score each match.

Rules

1. All matches will be conducted in accordance with USA Table Tennis rules, except as modified herein.
2. White shirts and jackets are not permitted for competition, per USA Table Tennis rules.
3. The expedite system shall not be in effect, with the following exception: The Event Director may invoke the system to keep the tournament on schedule. The system may be placed in effect during a match but must not be placed in effect in the middle of a game.

For additional information refer to www.usatt.org.

TENNIS

Eligibility

Singles, doubles, and mixed doubles tournaments open to men and women in each age division. In doubles play, the age of the younger player determines the age group.

The Game

1. All matches will be conducted in accordance with USTA rules, except as modified herein.
2. Warm-up may be limited to a maximum of ten (10) minutes.

Equipment

1. USTA approved equipment shall be used and provided by all participants.
2. Balls will be provided for all matches.
3. Net measurements shall be checked before all matches.

Scoring

1. All matches will be decided by 2 sets with regulation scoring.
2. Matches shall consist of two sets using regular scoring. If there is a tie at one set apiece, a 12-point tie breaker will determine the winner.
3. Semifinal losers shall play for 3rd place.

Officials

An official scorer will call each match (if requested). Linesmen may be used for semifinals and finals.

For additional information refer to www.usta.com.

TRACK FIELD EVENTS

Events

Discus
Shot-put
Long Jump
High Jump
Triple Jump
Javelin

The Game

1. USA Track and Field rules will govern all track and field events with the exception of those listed in this rulebook.
2. Number of attempts will be decided by SCSSC Officials based on number of participants and time constraints.
3. All field events shall allow each participant at least three (3) attempts. The best attempt will be the official attempt.
4. Any participant may waive his right to complete all attempts and therefore stand on only the first or second attempt results.
5. In all field events where encroachment is possible, any encroachment means disqualification on the attempt only.

Equipment

Discus: Women 50-74 will throw 1.0 kg discus, 75+ women will throw .75 discus, 50+ men will throw 1.5 kg discus, 60+ men will throw 1.0 kg discus.

Shot-put: Women 50-74 will put 3 kg shot, women 75+ will put 2kg shot, 50+ men will put 6 kg, 60+ men will put 5 kg shot, 70+ men will put 4 kg shot, 80+ men will put 3kg shot.

Javelin: Men 50+ - 700 gm; Men 60+ - 600 gm; Men 70+ - 500gm; Men 80+ - 400 gm; Women 50+ - 500gm, 60+ - 400 gm.

Field Event Rules

Discus - The participant will be allowed three (3) throws from a circle 8 feet 2 1/4 inches in diameter. If the participant steps on any part of the circle, if the discus hits outside the throwing sector, or if the participant walks out the front half of the circle, the throw will be considered a scratch and will be considered a disqualification for the attempt.

Shot-Put - The participant will be allowed three (3) throws from a circle 7' in diameter with a toe board. If the participants step on any part of the circle or top of the toe board, or if the participant walks out the front half of the circle, the throw will be considered a scratch and will be considered a disqualification for the attempt.

A legal throw shall be made from the shoulder with one hand only, so that during the attempt, the shot does not drop behind or below the shoulder.

In the Discus, Shot Put and Javelin, a tie on the longest throw will be broken by comparing the second longest throw of the competitors. If it is still tied, then the third throw distance will be used.

Javelin - The participant will be allowed three (3) throws which must be made from behind the foul line. At no point during the throw, or during the participants attempt to regain their balance after release of the javelin can any portion of the participants body touch or break the plane of the foul line. Any violation of the above constitutes a scratch. Distance will be measured from the first point of contact with the ground by the javelin and the farthest point of the foul line.

Long Jump/Triple Jump - The participant is allowed three (3) jumps. If the jumpers' shoe extends over the scratch line or makes a mark in front of it, the attempt is a scratch. If a participant runs across the scratch line but does not jump, the

attempt constitutes a scratch. The jump is measured from the edge of the line farthest from the landing pit, perpendicular to the line, to the nearest break in the sand caused by any part of the participant's body before leaving the jumping pit. In the Long Jump/Triple Jump, a tie on the longest jump will be broken by comparing the second longest jump of the competitors. If it is still tied, then the third jump distance will be used. If the tie still remains and concerns first place, the competitors having achieved the same results will compete again until the tie is broken.

High Jump - No exceptions.

TRACK RUNNING/WALKING EVENTS and 5k RUN

Eligibility

Open to men and women in each age division. Participants are limited to entering five (5) of the eight (8) running/walking events scheduled for Saturday.

Events

50-Meter Dash

1500-Meter Race Walk

100-Meter Dash

5000-Meter Race Walk

200-Meter Dash

1500- Meter Run

400-Meter Dash

5-Kilometer Run (3.1 Miles)

800-Meter Dash

Track Rules

1. All running events will be timed heats by age division. When more than one heat is necessary in distances of 400 meters or more, the time shall be used to determine place (no finals). Finals will be conducted in the 200 meter, 100 meter and 50 meter dashes, if necessary.
2. If there is a tie in a running event, both/all participants will receive medals.
3. Starting command for sprints will be "On your marks" - "Set" - "and firing of the starting gun. For the other running events, the command will be "Runners Set" and the firing of the starting gun.
4. Each participant will be allowed only one false start. On the second false start, participant will be disqualified. If any participant is physically aided by another person during an event, he/she will be automatically disqualified immediately.

5. Detailed rules for each event will be available from the Events Manager.
6. The USA Track and Field Rules will be the governing rules of all events. In order to set a national record, the participant must be a member of USA Track and Field. For meet and state records, USA Track and Field membership is not necessary.
7. Encroachment--Interference (in events run in lanes) -- Encroachment and/or interference shall be called if:
 - a. Runners makes physical contact with other competitors. Responsibility shall lie with runners who leave their assigned lanes.
 - b. Crossing into a competitor's lane if such action causes the competitor to have a change of speed or pace, in the opinion of judges.
 - c. Crossing into an inside lane.
 - d. An opponent waves, yells, or makes body motions not normally associated with this competition. Effect: Responsible participant shall be disqualified.
8. Up to 1/4-inch spikes will be allowed and must be provided by the athlete.

For additional information refer to www.usatf.org.

TRIATHLON

400M Freestyle/20K Cycling/5K Road Race

Eligibility

Open to men and women in each age division.

Qualifying Rules

Triathlon competitions used for qualifying purposes must adhere to expected standards for the conduct of that sport. All three triathlon elements must be held consecutively on the same day with no scheduled rest periods.

Entry Regulations

1. Athletes must provide their own bicycles, helmets, and running and swim gear.
2. All equipment must meet USA Triathlon standards.

Sports Rules

1. This event will be conducted in accordance with Triathlon Federation/USA rules except as modified herein.
2. No rider shall take pace behind another rider closer than 10 meters (33) feet ahead or 2 meters (7 feet) to the side.
3. Helmets are mandatory and must conform to USA Triathlon regulations. Multi-gear (free-wheel) bikes with front and rear brakes are required. Fixed-gear bicycles are not permitted.
4. Swim caps are mandatory.

For complete rules, please visit USA Triathlon at
www.usatriathlon.org.

VOLLEYBALL

Eligibility

1. Open to teams of men and women age 50+, 55+, 60+, 65+, 70+ and 75 and older. A player can only play in one age group. The age of the youngest player will determine the age division of the team.
2. Double elimination tournaments will be held in both men's and women's divisions.
3. Teams must be composed of the same gender.

The Game

Conduct of players and coaches and penalties will be governed in general by USVBA rules, except as modified herein.

The Rules

1. In the men's 50-54 age division, the net height will be 2.43 meters or 7 feet, 11 5/8 inches. In the men's 55+ age division and older, the net height will be 2.38 meters or 7 feet, 9 5/8 inches. In all women's competitions, the net height will be 2.19 meters or 7 feet, 2 1/8 inches.
2. Total of six players maximum on the court at a time.
3. Rotation will be clockwise.
4. Substitutions:
 - a. Players may be replaced by a substitute, and may re-enter the game two more times.
 - b. Players re-entering the games must assume the original position in the serving order in relation to the other teammates. (The player re-enters for the player who substitutes for him or her.)
 - c. A substitution or a time-out may be called only by the coach or floor captain and only when the ball is dead.
 - d. In case of injury, abnormal substitutions may be made at the discretion of the officials.

5. The following rules will be in effect:
- a. A team must have five players present to start a game, otherwise the game is forfeited. A five minute grace period will be allowed to assemble a minimum of five players. The sixth player may enter upon arrival.
 - b. Teams competing with only five players shall always have three players on the front row.
 - c. A coin flip will determine the team serving the first game, then teams will alternate serves.
 - d. A game is 15 points; rally scoring will be in effect. A game must be won by 2 points.
 - e. A team must win two out of three games to win the match.
 - f. Server must wait for the referee's whistle to put the ball in play.
 - a. Server must have both feet behind the serving line until after the ball is hit.
 - h. Ball must reach the other side of the net on a fly (over the net) without touching it. If the ball touches the net or goes beyond the boundary lines, it is a side-out. Ball is in bounds if it touches any part of the court or boundary lines.

The following will be a side-out or a point if:

- i. A ball is touched more than three times on one side of the court with any part of the player's body before being hit over the net to the other side. A ball cannot be touched consecutively by the same person. Exception: A blocked ball that falls on the blocker's side may be touched by the blocker again, and be considered as the first hit.
- i. A ball is caught, lifted, or thrown (referee's discretion). Every touch of the ball must be "clean." A bump-pass receive or serve is not necessary, but this, too, must be a clean hit as judged by the referee.

- k. A player touches the net during play.
- l. A player touches his/her foot completely over the center line during play. If ball touches net during play, ball is still in play.
- m. Team clothing should be of like design and color. Teams must have shirts numbered both front and back.

Team roster shall be limited to 15 persons including non- playing coaches, captains and bench personnel.

For additional information refer to www.usavolleyball.org.